

Hernia Repair

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Plan on getting an adequate amount of rest for a few days following your operation. Return to normal activity gradually.
3. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
4. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
5. Take pain medications as prescribed. Try to avoid constipation by eating high fiber foods, drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.
6. Resume your regular diet (low fat, high fiber) as tolerated. Do not drink any alcoholic beverages including beer and wine or use recreational drugs for 24 hours after your surgery.
7. It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If not, return to the Emergency Department of the nearest hospital.
8. You may notice that the solution used to cleanse your skin for surgery has coloured your skin. This will wash off with soap and water.
9. If you have a dressing, keep it clean and dry for 2 – 3 days after surgery. Then remove bandage.
10. If you have steri strips (tapes) they will fall off over a 2 week period; please let them fall off on their own rather than removing them.
11. If you have staples/clips these will be removed during a follow-up appointment usually 1 week after surgery.
12. You may shower after the dressing has been removed, gently pat incision dry.

Hernia Repair

13. No heavy lifting as advised by Surgeon.

14. Contact your Doctor or seek medical attention if any of the following occurs:

- Signs of infection, including fever and chills
- Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
- Cough, shortness of breath, chest pain
- Pain that you cannot control with the medication that you have been given.
- Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
- Pain and/or swelling in your feet, calves or legs.

If you have any concerns:

... call your surgeon/doctor,

... or call Telehealth 1-866-797-0000

... or come to the Emergency Department at Georgian Bay General Hospital

15. The day after your surgery call your Surgeon's office for your _____ week (s) follow-up appointment.

Specific Instructions:
